

CANADIAN COUNSELLING and PSYCHOTHERAPY ASSOCIATION

Creative Arts in Counselling Chapter

Annual General Meeting

April 1st, 2016

12:00-1:00pm

Hyatt Regency Montreal Hotel

Room: Symphonie 2A

Montreal, Quebec

CCPA 2016 Conference

- **Every member is invited**
- **Check out our chapter display table**
 - Friday April 1: 10:00am – 11:00am
 - Saturday April 2: 2:00pm-3:00pm

MINUTES

1. Pass around contact list for those present at 2016 AGM

Attendees included: Jennifer Finestone, Philiana Wong, Donna Betts, Leah Lewis, Sonomi Tanaka, Rebeckah Wiggins, Shea Wood.

2. Introductions: Executive and Attendees at the AGM

Shea welcomed CAC AGM attendees and invited each member to share briefly their name and the type of work in which they were engaged.

3. Opening Remarks and Introductory Exercise

Shea acknowledged the purpose of the meeting, to reflect on what has been accomplished in the previous term, to elect new members to the executive, and to discuss the future direction of the chapter. Shea brought attention to the hard work of the executive. She invited those present to create a group poem through writing one line or phrase about their experience of attending the conference. These lines were read around the circle.

4. Pass minutes from 2015 AGM

Moved by Shea Wood

Seconded by Jennifer Finestone

Passed unanimously by acclimation.

5. Executive Reports (Reports attached below – some attendee's responses to the reports are included here)

5.1 President's Report

- Donna Betts mentioned that information sheets on the creative arts therapies are available at the National Coalition of Creative Arts Therapies website to be shared with our members - nccata.org
- Donna will connect CAC with NCCAT, and potentially the next president might attend their meetings.

5.2 Director of Communications' Report

5.3 Treasurer's Report

5.4 Professional Resource Database Coordinator's Report

- Leah Lewis – Hire a coder to give the database the flexibility and protection we desire. She will contact a friend to get a quote for costs to do what we want to do.
- Jennifer Finestone - survey monkey can field information into one database
- Donna Betts – changing the language from each “modality” to “professions”. The word of modality always implies sub-something so switching to “professions”, empowers creative arts therapies.

5.5 Professional Association Liaison's Report

5.6 Provincial Representative Comments

6. Invitation to get involved in the chapter:

6.1 Executive Committee

- Secretary (new term beginning April 2016) – Jennifer Finestone may be interested. Will consider it.
- Special Projects Coordinator (new term beginning April 2016) – Leah Lewis interested in taking on this role.

6.2 Possible Sub-Committees of the Executive

6.3 “Incoming” Positions

- President (Shadowing begins November 2015; New term begins April 2017)
- Treasurer (Shadowing begins November 2015; New term begins April 2017)

7. Elections for any new positions

Director of Communications

- Renee Saurette has been in the “incoming director of communications” position for a number of months, and has played a large role in the development of our annual newsletter.
- Electing new Director of Communications:
 - Shea made a motion to elect Renee
 - Seconded by Leah Lewis
 - Passed unanimously by acclamation

Special Projects Coordinator

- Electing new Special Projects Coordinator: Leah Lewis
 - Shea made a motion to elect Leah
 - Seconded by Sonomi
 - Passed unanimously by acclamation

8. Open Discussion on Direction of Chapter

- Leah Lewis – sits on a research exchange group called arts in health and they are organizing a symposium. She would like to get “You Arrive” to Newfoundland. She would like to bring more of the professions to Newfoundland and initiative partnerships there.
- Jennifer interested in empowering CCCs - Have a meeting with other CAC/CCPA members to talk about the importance of the of the CCC title.
- Leah will report to how regulation is coming to Newfoundland (and potentially provide information to Ida for the info document on provincial regulation in Canada).
- Shea would like to partner with other associations and coalitions so we don’t “reinvent the wheel” – lets work together to use one another’s momentum and community in the development of resources/professional development opportunities, and the support and connection of creative arts therapists and those who use creative arts in counselling within Canada.

9. Member Announcements (upcoming events etc.)

- Creative Arts Therapies Panel presentation on Sunday April 3rd at 9:30am.
- CAC Social Event Saturday April 2nd at 8:00pm.

10. Closing Remarks

Shea thanked everyone for attending and contributing to the AGM.

Meeting adjourned at 1:23pm.

***AGM began 25 minutes late due to logical concerns associated with the conference.*

Minutes recorded by Sonomi Tanaka

Creative Arts in Counselling Executive Reports: April 2016

President Report: Shea Wood

Having completed one term as President of this chapter, I continue to be impressed by the talent, passion, and dedication of our members and the incredible work they are doing in their communities. The CAC executive works very hard, holding monthly teleconferences and volunteering their time to push forward initiatives that benefit our members. I want to take a moment to thank our executive, provincial representatives, and contributing members for their hard work and dedication to this chapter.

A survey was sent out to all chapter members in May 2015 in order to identify the initiatives into which we will invest our energy and resources for the upcoming year. This was done in an effort to ensure that the chapter is working toward developing the projects that will actually be meaningful and helpful to our members. Two related goals were identified: (a) *To increase contact and dialogue among members* and (b) *To support opportunities for professional development and the sharing of resources*. Some projects were suggested in this survey to work toward these goals and were further developed and implemented by the executive.

1. Creating and sending our annual newsletter in the spring (containing membership submissions).
2. Emails, Social Media, & Events: We have been alerted to workshops and other professional development opportunities that would be beneficial to our members, and have sent these notices to our members by email and via our chapter Facebook page. Sandra Grew also posts interesting and relevant articles to the Facebook page continue to stimulate dialogue among the community. There is a social event planned at this conference for CAC members, and open to all CCPA delegates, that includes an interdisciplinary performance piece and a social/networking opportunity with food and beverages. This event is taking place on Saturday April 2nd at 8:00pm.
3. Assisting members who would like to develop and facilitate creative arts related webinars, and providing support and guidance through the process of having webinars approved through the CCPA (and other accreditation organizations) and promoting the webinars to our membership.
4. Inviting the submission of resources (Power Point presentations, information sheets, etc.) related to creative arts in counseling (generally or with specific populations) that members could use to explain the creative arts therapies to others, and submitting contributors into a draw to receive financial support to attend the CCPA Conference (\$200 bursary). The winner of this draw was Amanda Power! Go to our website to find the link she suggested (coming soon!), which leads the community to important and useful resources.
5. A CAC Sponsored Panel for Creative Arts Therapists: At the 2015 AGM, an idea was put forward to have a panel at the 2016 conference to showcase the Creative Arts Therapies and highlight both the diverse work that is being done in the field and the way different Creative Arts Therapies can inform and compliment one another. The CAC Chapter was accepted to host a panel presentation at the 2016 CCPA-ACA Conference, which is taking place on Sunday, April 3rd at 9:30am.
6. Communication with Provincial Reps: An effort has been made to connect with the Provincial Representative and make it clear that there is funding available should any representative want to submit a proposal to the executive for an initiative or project that

helps those using creative arts in the counselling/therapy practice to connect and share resources.

I would like to issue an invitation to get involved! There are a variety of initiatives to be developed, and bursaries available to assist with these projects. There are roles on the executive and related committees that need to be filled now or in the near future, and these roles have varying degrees of responsibility and time commitment. I urge you to get involved in the chapter, and contribute in a way that fits your talents, interests, and available time and resources. This chapter exists through the contribution of its members, and we look forward to working with new people and fresh ideas in the upcoming term.

We are very excited for the upcoming year and the opportunities and initiative that are on the horizon.

Director of Communications Report: Nicole Crouch (Outgoing) & Renee Saurette (Incoming)

It is a pleasure and a privilege to introduce to you the incoming director of communications for our chapter, Renée Saurette. Renée is an art therapist and Concordia graduate who lives in Winnipeg, where she works as an art therapist in a private clinic and programming assistant for a local music organization. She has stepped up and collaborated with Nicole on this year's newsletter, which we are pleased to present in hard copy to Conference attendees in Montreal and in digital copy to the general membership via email.

Last year, we distributed newsletters to conference attendees (including one copy into the hand of Cathy Malchiodi!) and we sent out multiple copies to counselling and psychotherapy institutions and associations across Canada who we felt might benefit from learning about our chapter and professional practices.

The focus of this year's newsletter has been on showcasing the creative talents of our esteemed members in a newsletter zine format. Thank you for your sharing your art and words and for continuing to draw on your own creative resources for your work in the world.

In the year ahead, we will be welcoming Noriko Babi as our chapter blogger for the CCPA blogsite. Noriko is a seasoned Concordia student mentor and blogger whose top choice art therapy articles were featured in last year's newsletter. Noriko is also the Creative Arts in Counselling Chapter's provincial representative for Quebec, and we are delighted to have her coming on board as our blogger.

We will continue to reach out via our Facebook page (Creative Arts in Counselling Chapter CCPA) and to look for new ways to serve and to involve our membership. We welcome your feedback and hope you will get in touch with ideas, questions or general musings about the creative arts in counselling.

Professional Resource Database Coordinator's Report: Philiana Wong

Philiana has developed the professional resource database spreadsheet to organize professional identities according to region. The spreadsheet has been transferred online to google docs so that it will be more accessible for members. There are 27 members across modalities documented on the database. The next step in this project is to figure out how to make the spreadsheet secure yet allow all members in the chapter to input their information into the database. A demonstration of the database will be showcased at the AGM so that all members will have an idea of how the database looks like. A discussion around how to move the database forward will take place.

Professional Association Liaison's Report: Idalid Diaz-Posada

I have embarked in an exploration about different provincial regulations and how Creative Arts Therapists (CATs) are practicing Counselling and Psychotherapy. It has been a rich experience learning about some commonalities, differences and challenges CATs face across Canada and how the name of our professional role could even change depending on the recently regulated titles and practices in our profession.

At the moment I have gathered information from Quebec, Ontario and Nova Scotia using online resources as well as direct information from CAC members. I will soon release a final document that will include information about regulations in these three provinces regarding Counselling and Psychotherapy as well as CATs practicing Counselling and Psychotherapy.

I hope this initial exploration will help us developing further understanding of our practice in Canada. I encourage all CAC members and provincial reps to actively engage in each province with the different initiatives that help us to connect among ourselves as well as with other professionals working in Counselling and Psychotherapy. Together we can do more!

Treasurer Report: Sonomi Tanaka**Treasurer's Report: March 2015 – April 2016**

Respectfully Submitted by Sonomi Tanaka, Treasurer

My first term as Treasurer started gradually as previous Treasurer, Erin Griffin and I sorted out transitioning processes. Eventually, we were able to settle the creation of a new Master Client Agreement, which gives myself and our President, Shea Wood, signing authority. I am very grateful to Erin for her continued support during this transitional phase.

This year we had another increase in chapter revenue. We are presently looking into automatically deducted fees and considering ways to cut costs so that we will have more funding to offer for special projects. The majority of the expenses of the previous year were allocated to aiding 6 of executive attend last year's conference and to conference expenses. This year we are moving towards mostly digitizing our newsletter and there are fewer executive attending the conference so there will be a greater amount that can be used to promote the creative arts in counselling nationally.

End of 2015 Fiscal Year Balance.....	\$2345.89
--------------------------------------	-----------

Revenues:

Creative Arts in Counselling Chapter Dues.....	\$4848.55
--	-----------

Expenses

Bank Fees	\$53.25
Teleconference Calls.....	\$201.08
Conference Exhibitor Booth.....	\$678.00
Conference.....	\$1072.38
Brochures.....	\$336.87
Newsletter.....	\$1113.05
Postage	\$81.67

Executive bursaries..... \$2184.00

TOTAL EXPENSES.....\$5720.30

Account Balance as of March 22, 2015..... \$1468.52

Creative Arts in Counselling Chapter Dues (minus expenses)..... \$1877.00 (pending in April)

TOTAL Account Balance After Dues.....\$3345.52

Newsletter.....\$300.00 (allocated)

Member conference bursaries.....\$500.00 (projected)

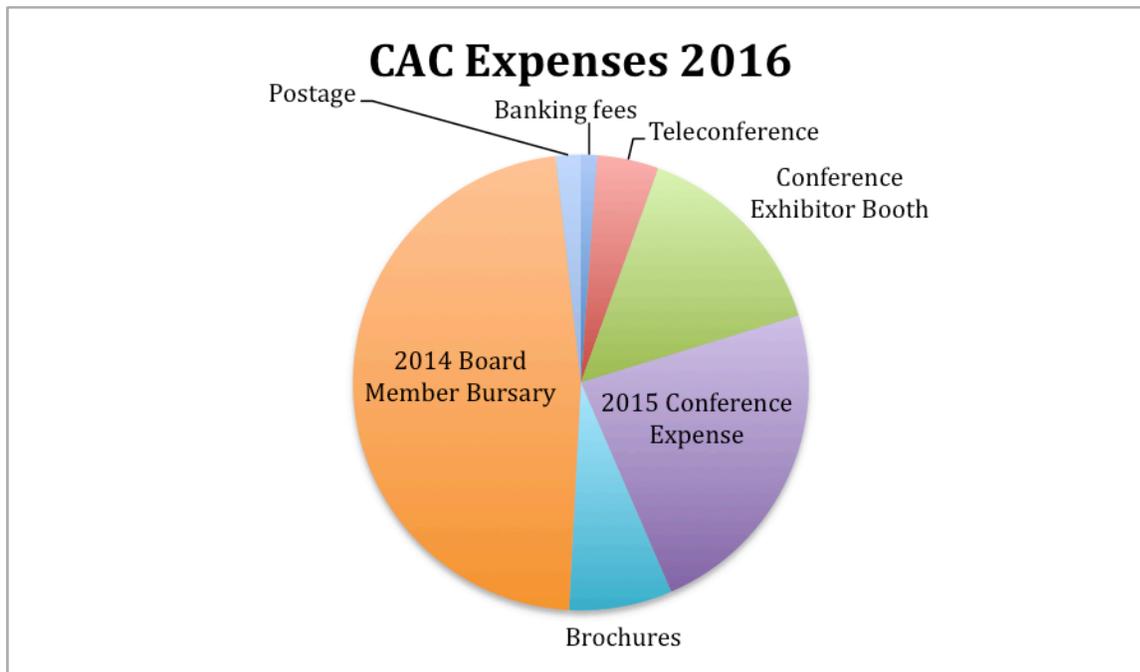
Resources Bursary.....\$200.00 (allocated)

Conference event expenses.....\$315.00 (allocated)

Chapter activities.....\$300.00 (projected)

Wind Down Fund.....\$700.00 (allocated)

Excess of Revenue over Expenses.....\$1030.52



Provincial Representative Reports
Annual Provincial Reps teleconference: March 16, 2015

Jennifer Marchand (British Columbia): I have enjoyed being the BC Rep for our chapter for yet another year! This year I had the pleasure of connecting with many of our members regarding postings for creative arts therapy positions in different regions of BC, inquiries about accessing research in the creative arts therapies to inform program development, and interest in funding opportunities. I am always happy to respond to any interests, inquiries, concerns and ideas that any of our members have. BC is a big province, and Canada is a huge country, and there are a lot of creative arts therapists doing inspiring and, well, creative work. The more we network, the more we support each other and advocate for our modalities to gain the recognition they deserve! Thank you everyone for your passion and hard work, and I look forward to hearing more stories and voices from our members in the year to come!

Philiana Wong (Alberta): Philiana is a drama therapist living in Edmonton, Alberta and is currently running drama therapy groups at the Cross Cancer Institute. She will also teach a course in 'Intro to Drama Therapy' at St. Stephen's College in September. She is well connected with a couple of art therapists in the city and collaborates with them to do art and drama therapy work. She also encourages new creative arts therapists in the city to join the chapter and gain membership with the CCPA.

Noriko Baba (Quebec): Noriko attended a meeting: Working Together, Montrealers, Syrians and Refugees: Re-envisioning the Role of the Creative Arts Therapist, at Concordia University on March 15. The theme of this meeting was to think through culturally humble ways of offering support as well as to have a creative dialogue between Refugee Serving organizations, Syrians, Creative Arts Therapists, and other Mental Health Professionals. Noriko shared the information of mental health services in Montreal and ideas of creative art therapies' potential projects to work together with Syrians, including children and adults who recently arrived in Montreal. Concordia University is having various events during the Creative Arts Therapy (CATS) week between March 14th and 19th. This year Quebec art therapists are uniting under the theme of how creative expression promotes well-being for the CATS week. This theme evokes the needs of the body, spirit and heart. Experiencing, tasting and feeling one's well-being will occur in a creative space where gestures, movements, sounds, colours and words meet and come to life. Art therapists in Quebec use an artistic and therapeutic approach to bring out the full potential of individuals or groups. Symposium and film screenings will be held on March 19 at Concordia University. Canevas, a private center founded by 4 art therapists, offers services to all age groups is opening next month, April, 2016, in Montreal. Canevas will be part of this CATS week event and promoting self-care and well-being. Canevas focuses on inclusion and accessibility. March is the Music Therapy month and there are a wide variety of music therapy events in Quebec.

Nicola Sherwin-Roller (Saskatchewan):

This coming May one of the first major Art Therapy speakers Cathie Malchiodi will be presenting in Saskatoon. Conferences on this topic have been few and far between with a Narrative therapist a number of years ago and play therapy conferences and trainings in between. We certainly need more in the Creative Arts Therapies, plus a greater public awareness and understanding on the benefits of the creative Art Therapies is needed. Currently there is no Provincial regulation in Saskatchewan for Art Therapists. There is a Prairie

Provinces Chapter that is affiliated with the Canadian Art Therapy Association. Therapists and students, who were initially contacted through C.A.T.A have started to meet on a semi-annual basis. Soon we will be reaching out to those in the Creative Chapter of the CCPA to see which members may like to join in. The purpose of these meetings is to network, discuss ways to raise public awareness and support the Creative Arts Therapies within Saskatchewan. Currently there is discussion, within that group, around starting a web page or social media page to assist in educating the public.

As there is currently no Provincial College that envelops Creative Arts Therapists within its charters there is a lack of public sector jobs available within Saskatchewan. Health regions would like to hire Art Therapists/ Art Psychotherapists but they are unable to as their framework designates Social Workers and Registered Psychologists. It is the same within the federal and Provincial corrections systems.

Art Therapists/psychotherapists tend to work within the private sector. Employee assistance programs appear to show more value towards those trained in these areas as they understand the depth of training received and that Art Therapists can work with a wide range of clients and have an ability to work with all age ranges.

Amy Mackenzie (Eastern Provinces):

Halifax, NS had the pleasure and privilege of hosting the 36th Annual Canadian Art Therapy Association conference in October, 2015: "Resilience, Recovery & Art Therapy". This was the first time the CATA conference was held in the East Coast and it featured a key note by Dr. Debra Linesch. Presenters who are art therapists local to this region were Dr. Fyre Jean Graveline and Jacqueline Steudler. Nick Zwaagstra, Director of the Chebucto Art Therapy and Counselling Centre in Halifax was the co-chair of the conference. Halifax has a thriving artistic community and a burgeoning art therapy presence. There are new art therapy pilot projects occurring in PEI such as at a Cancer Treatment Centre and a Palliative Care Centre in Charlottetown. I myself, was involved in the CATA conference planning committee and have in the last year changed from private practice/contract-based work to a full time Clinical Therapist position at an agency called Family Service Association, where I continue to practice Art Therapy.